

HYDRATION



"It's a clear case of dehydration."

Symptoms of Dehydration



An hourglass is shown with the top bulb nearly full of water and the bottom bulb almost empty. A single drop of water is falling from the narrow neck. In the bottom bulb, a small green plant is growing out of a patch of cracked, dry earth.

- Dry skin
- Dry mouth and eyes
- Muscle cramps
- Heart palpitations
- Sweating nearly stops
- Nausea

VISIT...

LANZAROTE
Caliente.COM

HEAT EXHAUSTION

OR

HEAT STROKE

Faint or dizzy



Throbbing headache



Excessive sweating



No sweating



Cool, pale,
clammy skin

Body temperature
above 103°
Red, hot, dry skin



Nausea or vomiting



Nausea or vomiting

Rapid, weak pulse



Rapid, strong pulse



Muscle cramps



May lose
consciousness



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

HOW MUCH WATER TO CARRY

How long will you hike? 20 – 30 min per mile

Depends on fitness level & trail difficulty.

2 cups (16 oz.)(½ L) per hour of hiking

Factor in weather conditions. If hot & humid

4 cups (32 oz.) (1L) per hour

Err on side of caution

Start hydrated

THIRST= DEHYDRATION

ELECTROLYTES

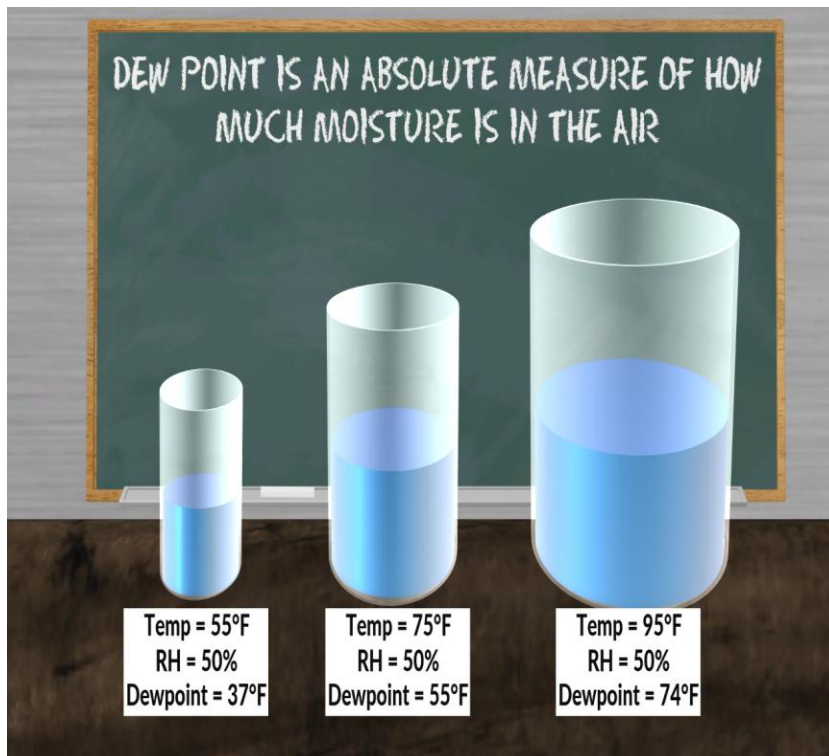
- If your urine is clear to straw-colored before a workout, you're well hydrated.
- You should drink a [sports drink](#) containing electrolytes and carbohydrates if your workout lasts longer than 30 minutes.
- During a **workout**, the primary goal is to replace water and **electrolytes** lost while avoiding excessive dehydration (>2% of body weight lost).
- **Electrolyte** products that contain sodium and carbohydrates are ideal while working out.

Arizona,
it's a dry heat.



DEW POINT

Monsoon Season(AugSept) we can see Dew Points of 60 -70



Dew Point	Comfort Level
< 50	Dry
50 - 55	Pleasant
56-60	Comfortable
61-65	Sticky
66-70	Uncomfortable
71-75	Oppressive
76 +	Miserable